



AMFY BEAST CHALLENGE GREAT WHITE INVITATIONAL

Sometimes swimmers get a little “scared” to try the longer, more challenging events. But if you’re an experienced swimmer and up for a challenge, this is a “fun” way to test your endurance and boost your confidence!

This is completely optional. Any AMFY swimmer who LEGALLY completes ALL of the designated Beast Challenge events during the Great White Invitational will get a prize!

Full Beast Challenge (ages 13 and over)

500 free
1000 free
200 back
200 breast
200 fly
400 IM

Junior Beast Challenge (ages 11-12)

200 free
500 free
100 back
100 breast
100 fly
200 IM

Mini-Beast Challenge (ages 10 and under)

100 free
200 free
50 back
50 breast
50 fly
100 IM

To enter, parents should simply sign their swimmers up for the events listed above. You can enter more than just these, but that’s optional.

If you can do ALL of the tough events in a single weekend meet, then there’s no need to be afraid of doing one or two tough events at a meet in the future!